

For Maximum Protection and Comfort, Insert Single-Flange Earplugs as Follows:

1. Use the seating device (top part of carrying case) and insert the pointed, plastic tip into the device's open-ended stem.
2. Place the single-flange plug over the tip and insert into the ear canal, with the tab down.
3. Twist the plug 90 degrees toward the back of the ear until a good seal is achieved.
4. When a good seal is not obtained, try a different size. Single-flange plugs come in five sizes, but are currently not being manufactured.
5. Without the seating device, make the ear canal accessible by reaching over the head with the opposite hand and pulling the ear up and out.
6. Grasp the plug by its tab and insert into the ear canal with the tab down. Twist the plug 90 degrees to the rear of the head until a seal is achieved by the flange.

